

#### **Cornbread**

# SOLDIER ATHLETE

### **Cornbread**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## **Hot Rolls**



#### **Hot Rolls**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### O'Brien Potatoes



#### O'Brien Potatoes

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- · Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Vegetarian Nuggets



# **Vegetarian Nuggets**

#### **Moderate Performance Food**

- · Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Rice Pilaf**



#### **Rice Pilaf**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Cauliflower Au Gratin



# Cauliflower Au Gratin

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### **Parsley Potatoes**



### **Parsley Potatoes**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

# Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Steamed White Pasta



# Steamed White Pasta

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- · Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Steamed Rice**



#### **Steamed Rice**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### **Bean Burrito**



### **Bean Burrito**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Spanish Rice**

# SOLDIER ATHLETE

# **Spanish Rice**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Spanish Style Beans**



# **Spanish Style Beans**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Jalapeno Cornbread



## Jalapeno Cornbread

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Roast Beef**



#### **Roast Beef**

#### **Moderate Performance Food**

- Higher in calories
- · Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### Corn O'Brien



#### Corn O'Brien

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## **BBQ Beef Cubes**

# SOLDIER ATHLETE

# **BBQ Beef Cubes**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Grilled Hamburger**



## **Grilled Hamburger**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### **Baked French Fries**



#### **Baked French Fries**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Sautéed Onions & Mushrooms

# SOLDIER ATHLETE

# Sautéed Onions & Mushrooms

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Meatball Stroganoff

# SOLDIER ATHLETE

## **Meatball Stroganoff**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Cornbread Dressing**

# SOLDIER ATHLETE

# **Cornbread Dressing**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### Calico Cabbage



## Calico Cabbage

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

# Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Fried Cabbage



## **Fried Cabbage**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- · Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Red Cabbage w/ Sweet & Sour Sauce



# Red Cabbage w/ Sweet & Sour Sauce

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### **Lyonnaise Carrots**



## **Lyonnaise Carrots**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Baked Manicotti**



### **Baked Manicotti**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Mashed Sweet Potatoes



# Mashed Sweet Potatoes

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Baked Beans**



#### **Baked Beans**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Baked Sweet Potato Fries**

# SOLDIER ATHLETE

# **Baked Sweet Potato Fries**

#### **Moderate Performance Food**

- Higher in calories
- · Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Beef Pot Pie w/ Biscuit

#### W/ Discuit

- Higher in calories
- Lower in vitamins and minerals

**Moderate Performance Food** 

Use Caution: Select less frequently



# Beef Pot Pie w/ Biscuit

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Beef Enchiladas**



### **Beef Enchiladas**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## Swedish Meathalls



### Swedish Meathalls

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### Cheese Enchiladas



#### Cheese Enchiladas

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### Italian Baked Beans



### Italian Baked Beans

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Vegetarian Burrito**



# Vegetarian Burrito

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Club Spinach**

# SOLDIER ATHLETE

# **Club Spinach**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Candied Sweet Potatoes



# Candied Sweet Potatoes

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### **Southwestern Rice**



#### Southwestern Rice

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- · Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Brussel Sprouts Parmesan

# SOLDIER ATHLETE

# Brussel Sprouts Parmesan

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### Franconia Potatoes



#### Franconia Potatoes

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Syrup**

# SOLDIER ATHLETE

# **Syrup**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Jam/Jelly



## Jam/Jelly

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### 2% Milk



#### 2% Milk

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- · Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## **Sports Drink**



## **Sports Drink**

#### **Moderate Performance Food**

- · Higher in calories
- · Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Canned Fruit**



#### **Canned Fruit**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### **Raisins**

# SOLDIER ATHLETE

## Raisins

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



### **White Bread**



#### White Bread

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### 2% Chocolate Milk



#### 2% Chocolate Milk

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- · Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Low Fat Salad Dressings

# SOLDIER ATHLETE

# Low Fat Salad Dressings

#### **Moderate Performance Food**

- Higher in calories
- · Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Low Fat Frozen Yogurt

# Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Low Fat Frozen Yogurt

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# German Potato Griddle Cakes



# German Potato Griddle Cakes

#### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# **Scalloped Potatoes**



# **Scalloped Potatoes**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Mashed Potatoes**



#### **Mashed Potatoes**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## **Oven Brown Potatoes**



# **Oven Brown Potatoes**

#### **Moderate Performance Food**

- · Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Vegetable Egg Rolls

# Vegetable Egg Rolls

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Carrots Amandine**



### **Carrots Amandine**

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Carrot & Celery Amandine



# Carrot & Celery Amandine

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Red Beans & Rice w/



# Red Beans & Rice w/ pork

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Low Fat Frozen Yogurt



# Low Fat Frozen Yogurt

#### **Moderate Performance Food**

- · Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



# Low Fat Ice Cream



# Low Fat Ice Cream

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



## **Bread Pudding**

# **Bread Pudding**

#### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### Moderate Performance Food

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### Low Fat Muffin



#### Low Fat Muffin

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- · Use Caution: Select less frequently



#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### **Moderate Performance Food**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently



#### Chili Macaroni

# SOLDIER ATHLETE

### Chili Macaroni

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Assorted Fresh Fruit



# Assorted Fresh Fruit

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Assorted Low Fat Yogurt

# High Performance Food

- Premium fuel for the Soldier Athlete
  - · Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

# SOLDIER ATHLETE

# Assorted Low Fat Yogurt

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Braised Beef & Noodles

### Tioures

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Braised Beef & Noodles

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - · Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Baked Tuna & Noodles

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Baked Tuna & Noodles

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Long Grain &**

# Wild Rice

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Long Grain &** Wild Rice

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### **Waxed Beans**

#### **Waxed Beans**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# **Brussel Sprouts**

## **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Brussel Sprouts**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Oven Baked** Chicken Breast

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Oven Baked Chicken Breast

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



#### **Cheese Manicotti**

#### Cheese Manicotti

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### Parmesan Fish

# SOLDIER ATHLETE

### **Parmesan Fish**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## **Kansas Rice Medley**



## **Kansas Rice Medley**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



### **Steamed Brown Rice**



### **Steamed Brown Rice**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Braised Beef**



#### **Braised Beef**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

# High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **Green Beans**



#### Green Beans

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### Caribbean Flounder



### Caribbean Flounder

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Brown Rice w/ Tomatoes



# Brown Rice w/ Tomatoes

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



### **Seasoned Carrots**



#### **Seasoned Carrots**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Seasoned Broccoli**



#### **Seasoned Broccoli**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Oriental Pepper Steak

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Oriental Pepper Steak

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Roast Pork Tenderloin



# Roast Pork Tenderloin

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## **Baked Turkey Patty**



# **Baked Turkey Patty**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Spinach



## **Spinach**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Hot & Spicy Chicken

# SOLDIER ATHLETE

# Hot & Spicy Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Whole Wheat Cheese Pizza

# SOLDIER ATHLETE

# Whole Wheat Cheese Pizza

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - · Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### Ratatouille



#### Ratatouille

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - · Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# **Jerk Roast Turkey**



## **Jerk Roast Turkey**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Hamburger Yakisoba



# Hamburger Yakisoba

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Baked Sweet Potatoes



## Baked Sweet Potatoes

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Mustard Greens**



#### **Mustard Greens**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### Whole Kernel Corn



### Whole Kernel Corn

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Santa Fe Glazed Chicken



# Santa Fe Glazed Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# **Turkey Meatloaf**



## **Turkey Meatloaf**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Cajun Baked Fish

# SOLDIER ATHLETE

# Cajun Baked Fish

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Pineapple Chicken



## Pineapple Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Baked Salmon**

# SOLDIER ATHLETE

### **Baked Salmon**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



# Garlic Roasted Potato Wedges

# SOLDIER ATHLETE

# Garlic Roasted Potato Wedges

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### **Pinto Beans**



#### **Pinto Beans**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Mexican Baked Chicken

# SOLDIER ATHLETE

# Mexican Baked Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **Beef Fajitas**

# SOLDIER ATHLETE

### **Beef Fajitas**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Baked Ham**

# SOLDIER ATHLETE

### **Baked Ham**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Spaghetti w/ Meat Sauce



# Spaghetti w/ Meat Sauce

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Spaghetti w/ Tomato Sauce



# Spaghetti w/ Tomato Sauce

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Peas & Carrots**



#### **Peas & Carrots**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Savory Baked Chicken

### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Savory Baked Chicken

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Eggplant Parmesean**



# **Eggplant Parmesean**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Okra Tomato Gumbo



# Okra Tomato Gumbo

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## California Blend



#### California Blend

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - · Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Lemon Pepper Baked Fish

# SOLDIER ATHLETE

# Lemon Pepper Baked Fish

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Orzo w/ Lemon & Herbs

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Orzo w/ Lemon & Herbs

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Honey Dijon Vegetables



# Honey Dijon Vegetables

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# **Gyro Sandwich**

# SOLDIER ATHLETE

# Gyro Sandwich

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Southwestern Sweet Potatoes w/ Black Beans & Corn

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Southwestern Sweet Potatoes w/ Black Beans & Corn

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### Lasagna



### Lasagna

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

# High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Caviar Medley Rice Blend

### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Caviar Medley Rice Blend

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Beef Teriyaki**

# SOLDIER ATHLETE

# **Beef Teriyaki**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



# Vegetable Stir Fry



# **Vegetable Stir Fry**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



#### Lima Beans



#### Lima Beans

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Baked Potatoes**



#### **Baked Potatoes**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Seasoned Mixed Vegetables

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Seasoned Mixed Vegetables

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Grilled Chicken Sandwich

# SOLDIER ATHLETE

# Grilled Chicken Sandwich

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Vegetarian Hearty Burger



# Vegetarian Hearty Burger

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## **Steamed Broccoli**

# SOLDIER ATHLETE

#### **Steamed Broccoli**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Spinach Lasagna



## Spinach Lasagna

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Baked Stuffed Pollock

# SOLDIER ATHLETE

# Baked Stuffed Pollock

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Cranberry Glazed Chicken



# Cranberry Glazed Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### **Italian Rice & Beef**



### **Italian Rice & Beef**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



### **Stewed Tomatoes**



#### **Stewed Tomatoes**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Collard Greens**



#### **Collard Greens**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Roast Turkey**

# SOLDIER ATHLETE

### Roast Turkey

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Shrimp Jambalaya



# Shrimp Jambalaya

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Italian Roasted Potato Wedges



# Italian Roasted Potato Wedges

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### Wild Rice

# SOLDIER ATHLETE

#### Wild Rice

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Steamed Peas**



#### **Steamed Peas**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### Herbed Broccoli



#### Herbed Broccoli

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - · Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Pepper Steak**

# SOLDIER ATHLETE

# **Pepper Steak**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Honey Ginger Chicken



# Honey Ginger Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# California Normandy Combo

# SOLDIER ATHLETE

# California Normandy Combo

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Beef Stir Fry**



## **Beef Stir Fry**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### Pasta Primavera



#### Pasta Primavera

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Broccoli** Combo

# SOLDIER ATHLETE

#### **Broccoli** Combo

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Baked Catfish Fillet



# Baked Catfish Fillet

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Chicken Tetrazzini



#### Chicken Tetrazzini

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Japanese Vegetable Stir Fry

# SOLDIER ATHLETE

# Japanese Vegetable Stir Fry

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- · Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# French Style Green Beans

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# French Style Green Beans

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Tangy Spinach**



# **Tangy Spinach**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# SOLDIER ATHLETE

# Baked Turkey & Noodles

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Vegetable Curry w/ Rice



# Vegetable Curry w/ Rice

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Baked Redskin Potatoes

# SOLDIER ATHLETE

# Baked Redskin Potatoes

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### Fish Amandine



#### Fish Amandine

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Orzo w/ Spinach, **Tomato & Onion**

# Orzo w/ Spinach, **Tomato & Onion**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Green Bean Combo



# Green Bean Combo

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Vegetable Stuffed **Peppers**



# Vegetable Stuffed **Peppers**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Peas with Celery**



## **Peas with Celery**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **Bombay Chicken**

## **Bombay Chicken**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Red Beans & Rice** (No Pork)



# Red Beans & Rice (No Pork)

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# **Honey Dijon Vegetables**

# **Honey Dijon Vegetables**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Greek Lemon **Turkey Pasta**

#### **High Performance Food** • Premium fuel for the Soldier Athlete

- Fresh and flavorful
  - Nutrient Dense
- · Go for Green: Choose frequently



# Greek Lemon **Turkey Pasta**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Cajun Baked Catfish Fillet

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Cajun Baked **Catfish Fillet**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Collard Greens**

### **Collard Greens**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Hopping John**

# (No pork)

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Hopping John** (No pork)

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Steamed** Cauliflower

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Steamed** Cauliflower

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Herbed Baked Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Herbed Baked** Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Seasoned **Asparagus**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Seasoned **Asparagus**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Orange Chicken Stir Fry**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# **Orange Chicken Stir Fry**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Hamburger Yakisoba

# SOLDIER ATHLETE

# Hamburger Yakisoba

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



# Vegan Pierogy



# Vegan Pierogy

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Green Beans w/ Mushrooms

# High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Green Beans w/ Mushrooms

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Sautéed Shrimp



## Sautéed Shrimp

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

# High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **Steak Ranchero**

# SOLDIER ATHLETE

#### Steak Ranchero

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# BBQ Pork Sandwich



# **BBQ Pork Sandwich**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### **Baked Cod**



#### **Baked Cod**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## **Asian BBQ Turkey**



## **Asian BBQ Turkey**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Italian Broccoli Pasta



## Italian Broccoli Pasta

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



# Caviar Medley Rice Blend



## Caviar Medley Rice Blend

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Ginger Teriyaki Salmon

# SOLDIER ATHLETE

## Ginger Teriyaki Salmon

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

## Soldier ATHLETE Saln

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



#### **Herbed Potatoes**



#### **Herbed Potatoes**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



### Green Bean Combo



### Green Bean Combo

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **BBQ** Chicken

## SOLDIER ATHLETE

## **BBQ** Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Hacienda Corn & Black Beans



## Hacienda Corn & Black Beans

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## **Baked Spaghetti**



### **Baked Spaghetti**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### Creole Macaroni



#### **Creole Macaroni**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Chipper Perch**

# SOLDIER ATHLETE

### Chipper Perch

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Steamed Brown Rice**



### **Steamed Brown Rice**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



#### **Chicken Pot Pie**



#### **Chicken Pot Pie**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Cheese Tortellini w/ Marinara



## Cheese Tortellini w/ Marinara

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Blackened Fish**



#### **Blackened Fish**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Chicken Fajitas**

## SOLDIER ATHLETE

## **Chicken Fajitas**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Squash & Carrot Medley



## Squash & Carrot Medley

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



#### **Pinto Beans**

# SOLDIER ATHLETE

#### Pinto Beans

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Corn on the Cob**



### Corn on the Cob

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Turkey Enchiladas**



## **Turkey Enchiladas**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Cajun Grilled Chicken Sandwich



## Cajun Grilled Chicken Sandwich

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



## Vegetable Pizza



## Vegetable Pizza

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



## **Chinese Five Spice Chicken**

## High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

# SOLDIER ATHLETE

## Chinese Five Spice Chicken

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Spinach Tortellini w/ Marinara

## SOLDIER ATHLETE

## Spinach Tortellini w/ Marinara

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Spicy Brown Rice Pilaf

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Spicy Brown Rice Pilaf

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### Peas & Carrots

#### Peas & Carrots

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Herbed **Green Beans**



## Herbed Green Beans

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### Chicken Tetrazzini

#### Chicken Tetrazzini

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### High Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### **Beef Stew**



#### **Beef Stew**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **Assorted Pudding**



### **Assorted Pudding**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Carrot Strips**

# SOLDIER ATHLETE

## **Carrot Strips**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Baked Chicken & Rice



## Baked Chicken & Rice

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Chipotle Chicken Panini Sandwich



## Chipotle Chicken Panini Sandwich

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Chicken Cacciatore**



#### **Chicken Cacciatore**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Chicken & Italian Vegetable Pasta

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Chicken & Italian Vegetable Pasta

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Savory Squash**

## SOLDIER ATHLETE

## **Savory Squash**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### **Creole Chicken**



#### **Creole Chicken**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## **Beef Stroganoff**

# SOLDIER ATHLETE

### **Beef Stroganoff**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### French Bread Pizza



#### French Bread Pizza

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **Turkey Pot Pie**

# SOLDIER ATHLETE

## **Turkey Pot Pie**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Mediterranean Brown Rice



## Mediterranean Brown Rice

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### **Sesame Chicken**



#### **Sesame Chicken**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## **Chopstick Tuna**



## **Chopstick Tuna**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### Succotash



#### Succotash

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Southwest Shrimp Linguine

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Southwest Shrimp Linguine

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## **Rice Pudding**

## SOLDIER ATHLETE

## **Rice Pudding**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### 100% Fruit Juice



#### 100% Fruit Juice

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for *Green*: Choose frequently



### Skim Milk



#### Skim Milk

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



#### 1% Milk



#### 1% Milk

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



### **Peanut Butter**



#### **Peanut Butter**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense



## Baked Cinnamon Apple Slices



## **Baked Cinnamon Apple Slices**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



#### **Fruit Parfait**



### **Fruit Parfait**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



### **Fruit Gelatin**



#### Fruit Gelatin

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Angel Food Cake



## **Angel Food Cake**

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently

## Migh Performance Food

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Pineapple Carrot Muffin

#### **High Performance Food**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - Go for Green: Choose frequently



## Pineapple Carrot Muffin

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
    - Nutrient Dense
  - · Go for Green: Choose frequently



## Tropical Baked Pork Chop



## Tropical Baked Pork Chop

#### **Low Performance Food**

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## Salisbury Steak



## **Salisbury Steak**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



## Grilled Cheeseburgers



## **Grilled Cheeseburgers**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### **Beef Tacos**



#### **Beef Tacos**

#### **Low Performance Food**

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## Honey Glazed Rock Cornish Hen



## Honey Glazed Rock Cornish Hen

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



### **Oven Fried Chicken**



### **Oven Fried Chicken**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## **BBQ Spareribs**



## **BBQ** Spareribs

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



## **Braised Pork Chops**



## **Braised Pork Chops**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## Broccoli & Cheese Rice



## Broccoli & Cheese Rice

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## **BBQ Pork Chops**



## **BBQ Pork Chops**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### Meatloaf



#### Meatloaf

#### Low Performance Food

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



### **Grilled Steak**



#### **Grilled Steak**

#### Low Performance Food

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### **Grilled Cheese**



#### **Grilled Cheese**

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## Pork Chop w/ **Pineapple**

## Pork Chop w/ **Pineapple**

#### **Low Performance Food**

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



#### **Rice Frittata**



#### Rice Frittata

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



## Herbed Cornish Hen



## Herbed Cornish Hen

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## Honey Chicken Wings



## Honey Chicken Wings

#### **Low Performance Food**

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



## Macaroni & Cheese



## Macaroni & Cheese

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
  - Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



## Whole Wheat Pepperoni



## Whole Wheat Pepperoni

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### **Potatoes Au Gratin**



### Potatoes Au Gratin

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



### Jaeger schnitzel



## Jaeger schnitzel

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



## Chicken Cordon Bleu



## Chicken Cordon Bleu

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



### **Noodles Jefferson**



#### **Noodles Jefferson**

#### **Low Performance Food**

- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



### **Buffalo Chicken**



### **Buffalo Chicken**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



#### **Swiss Steak**



#### **Swiss Steak**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## **Grilled Pork Chop**



## **Grilled Pork Chop**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### **Yankee Pot Roast**



#### **Yankee Pot Roast**

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### Garlic Bread Sticks



#### **Garlic Bread Sticks**

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### Garlic Rolls



### Garlic Rolls

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### Garlic Bread



#### Garlic Bread

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



### **Turkey Gravy**



## **Turkey Gravy**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## Mushroom Gravy



## Mushroom Gravy

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



## **Chicken Gravy**



### **Chicken Gravy**

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
  - Warning: Limit intake

## Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



#### **Brown Gravy**



#### **Brown Gravy**

#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake

#### Low Performance Food

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake



#### **Low Performance Food**

- Highest in calories
- Lowest in vitamins and minerals
  - May hinder performance
    - · Warning: Limit intake



- Highest in calories
- · Lowest in vitamins and minerals
  - May hinder performance
    - Warning: Limit intake

